



Eating Sustainably in Healthy Diet

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Message from the Guest Editors

The shift towards more sustainable and healthier diets is one of today's most significant challenges, considering the need to feed a growing world population under the effects of climate change, which currently threatens ecosystems, agriculture, and global health.

The key changes should involve shifting dietary patterns towards a more plant-based diet, but also reducing the frequency of processed foods consumed and minimizing portion sizes. In this context, dietary recommendations should adopt the key changes optimizing human health while simultaneously minimizing environment impact.

The aim of the present special issue is to collect papers focusing the contribution of dietary advise to the shift versus a sustainable food consumption including the possible strategies to ensure biodiversity, lower environmental impact, and nutrition security The contributions should also concern collective catering aimed to the different systems (health care, school, rest homes, etc..) to evaluate if offered or optimized menus are healthy, acceptable, and affordable for the consumers as well as at lower environmental impact.





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